City Council
Len Torres, *President*
Anthony Eramo, *Vice President*
Eileen J. Goggin
Scott J. Mandel
Anissa D. Moore

City of Long Beach

City Manager
Jack Schnirman

Assistant Superintendent
of Parks and Recreation
Paul Ferrante

Parks & Recreation Department

LIFEGUARD TRAINING

Tuesday: 6:00 p. m. – 9:30 p. m.
Thursday: 6:00 p. m. – 9:30 p. m.
Sunday: 9:00 a. m. – 3:00 p. m.

Pre-Test on Thursday, October 13 @ 8:00 pm

Class is limited to the first 20 participants

Schedule of Classes:
This class will be held at the Long Beach Recreation Center Ranger Room and Pool.

	October	November
Tuesday	13* – 18 – 25	1
Thursday	20 – 27	3 – 10
Sunday	30	XXXXXXXXXX

Class on Thursday, October 13 will meet on the pool deck at 8:00 p. m.
for the pre-course test. We will end that night at 9:30 p. m.

Registration: **Long Beach Recreation Center**
700 Magnolia Blvd.
(516) 431-3890

Fee: **$40 fee for pre-course test – Cash or Check made out to Cash**

$235 fee for course (only after completion of pre-course test)
Make checks or money orders payable to City of Long Beach.
Cash, Visa or MasterCard also accepted.

_____

Fall 2016 Lifeguard Training   **Put Telephone # on check

NAME _____ AGE _____ SEX _____

STREET _____ CITY _____

PHONE _____ E-MAIL _____

PARENT NAME _____

I understand that there will be no refunds for this program. **Parent Signature** _____

For Rec Use Only:
Receipt # _____   Amt Pd. _____   Date _____   Staff _____

CITY OF LONG BEACH
Parks & Recreation Department

<u>Lifeguard Training Information</u>

In the Lifeguard Training course, you will learn about the duties and responsibilities of a lifeguard and how to carry them out in a professional manner. You will also learn a number of lifeguard techniques, such as surveillance; how to use rescue equipment for a distressed swimmer, active drowning victim, and passive drowning victim; and how to care for someone who may have a head, neck, or back injury.

Successful course completion requires participation in classroom and skill sessions, as well as successful performance in skill and knowledge evaluations. Due to the nature of the skills in this course, you will be participating in strenuous activities, such as performing cardiopulmonary resuscitation (CPR) on the floor and removing someone from the water. If you have a medical condition or disability or if you have any questions about your ability to participate fully in this course, discuss them with your physician or healthcare provider and the Red Cross instructor.

To enroll in the Lifeguard Training course, you must be at least 15 years of age before the last scheduled class session. Payment of $40 must be made to the course instructor on the first night of class in the form of cash or a check made out to cash to cover the cost of the pre-course evaluation test. The participant must pass the pre-course evaluation test in order to be enrolled in the course. Once the pre-course evaluation test is passed, a payment of $235 must be made to the City of Long Beach in the form of cash, check, money order, Visa or MasterCard.

Pre-course evaluation test skills:
1. Swim 300 yards continuously using the crawl stroke or breaststroke. When swimming crawl stroke, the swimmer must use rhythmic breathing and a stabilizing, propellant kick. The strokes may be alternated, but each lap must be completed using the same stroke that the lap is started with.
2. Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 8 – 12 feet, retrieve a 10 pound object, return to the surface, and swim 20 yards back to the starting point with the object and exit the water without using the ladder or steps, within 1 minute, 40 seconds.
3. Tread water for 2 minutes without using arms.

Upon successful completion of the American Red Cross Lifeguard Training course, you will receive an American Red Cross Lifeguard Training certificate. The Lifeguard Training certificate, which includes First Aid, is valid for 2 years. You will also receive a CPR/AED for the Professional Rescuer certificate, which is valid for 2 years. These certificates are prerequisites for taking the Nassau County and City of Long Beach Lifeguard tests.

<u>Attendance is required at ALL sessions</u>